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## ABSTRACT

A lens-fitted film unit including a main body; a photographic film, pre-loaded in the main body; an electronic flash unit; a shutter unit; a camera lens; and a diaphragm. In the lens-fitted film unit, a guide number of the electronic flash unit, a T-number determined from the camera lens and the diaphragm and a shutter speed of the shutter unit are determined so that  $A$  is not more than 8.5 when  $A$  represents an EV value of a reference exposure amount of the lens-fitted film unit under a stroboscopic photographing state minus 1.5; and intensity of a latent image, formed on the photographic film under the condition that a reference reflection panel being placed at a predetermined distance between 2-3 m from the lens-fitted film unit is illuminated by the electronic flash unit without other lights in the stroboscopic photographing state, corresponds to intensity of a latent image obtained under a photographing condition of photographing luminance not more than  $A + 5.0$  in EV value.